English Grammar—Malawi: Where in the World is Malawi, the Warm Heart of Africa? With Adjectives of Place (Level A2-B1) MW

Lesson Objective : By the end of this lesson, you will be able to describe the location of Malawi and its main landmarks using Adjectives of Place

“I went to sleep dreaming of Malawi, and all the things made possible when your dreams are powered by your heart.”

“Thinking of them reminds me of a quote I read recently from the great Reverend Martin Luther King Jr. that says, "If you can't fly, run; if you can't run, walk; if you can't walk, crawl." We must encourage those still struggling to keep moving forward.”

~William Kamkwamba, Malawian Inventor, *The Boy Who Harnessed the Wind*

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Step 1: What Do You Know About the Location of Malawi and its Main Landmarks?



Where in the world is Malawi?

Is it in West Africa? In East Africa? In Central Africa or in Southern Africa?

If you enjoy geography, then this question shouldn't be difficult for you. Malawi is a landlocked country situated in southeastern Africa, often referred to as the 'Warm Heart of Africa' because of the friendliness and hospitality of its people.

This country is known for its beautiful landscapes, impressive mountains, female football team and, of course, the magnificent Lake Malawi, one of the largest lakes in Africa.

Its capital city is Lilongwe, but there are several other important cities, including Blantyre, Mzuzu and Zomba.

Have you heard of these places?

What about Lake Malawi, Mount Mulanje, Liwonde National Park or the beautiful beaches along the lakeshore?

Do these places ring a bell to you?

Let's test your knowledge!

(Short quiz about Malawi and its main cities

Key Information

Malawi is located in southeastern Africa. It is a landlocked country, which means that it has no direct access to the sea or ocean. Lilongwe is its capital city. It is situated in the central region of the country.

The country shares its borders with three countries: Zambia to the west, Tanzania to the north and northeast, and Mozambique to the east, south and southwest.

Blantyre, Mzuzu and Zomba are other major cities. Lilongwe, Blantyre, Mzuzu and Zomba are all inland cities, which means that they are not located directly on the shores of a lake.

In contrast, some towns are situated along the shores of Lake Malawi. These include Salima, Mangochi, Nkhata Bay and Karonga. Lake Malawi is one of Africa's largest lakes and stretches along much of the eastern side of the country. It is famous for its beautiful beaches, clear waters and colourful freshwater fish.

Other geographical features include the impressive Mulanje Mountain or Mount Mulanje in the south of the country. It is the highest mountain in the country.

In the north, you can find the beautiful Nyika Plateau, which is known for its rolling grasslands and spectacular landscapes. Malawi is also home to Lake Chilwa and the Shire River, which flows southwards from Lake Malawi.

Malawi is also known as the home of the Calendar Lake because Lake Malawi measures roughly 365 miles long by 52 miles wide and is fed by 12 major rivers, mirroring the days, weeks and months of the year.

Your Turn: Make **1 sentence** in which you talk about the location of Malawi. You can record yourself with your mobile phone.

Good job! Let's do **Step 2** now. Ready, steady, go!

Step 2: Prepositions of Place (Revision)

Prepositions of Place are words that show where something is located in relation to something else. In today's lesson, we will be using many of these Prepositions of Place to describe Malawi, Malawian cities and important landmarks.

Sample Sentences:

- *Malawi is **in** Africa/ southeastern Africa.*
- *Malawi is **in** the southern part of the African continent.*
- *Malawi is **next to** Zambia to the west.*
- *Lilongwe is **far from** Lake Malawi.*
- *Mangochi is **near** Lake Malawi.*
- *Salima is **on** the western shore of Lake Malawi.*
- *Mulanje Mountain is **in** the southern part of the country.*
- *Mzuzu is **in** the northern region of Malawi.*
- *Lilongwe is **in the middle of** the country.*
- *Lake Malawi is **along** the eastern side of the country.*
- *Zambia is **to the west of** Malawi.*
- *Tanzania is **to the north of** Malawi.*
- *Mozambique is **to the east and south of** Malawi.*
- *Mount Mulanje is **near** the border with Mozambique.*
- *The Shire River flows **from** Lake Malawi towards the south.*
- *Lake Malawi lies **between** Malawi, Mozambique and Tanzania.*
- *Markets and shops are **around** the Old Town area in Lilongwe.*
- *The Nyika Plateau is **in** the northern part of Malawi.*
- *Satemwa Tea Estate is **near** Thyolo, in southern Malawi.*
- *Satemwa Tea Estate is **among** the tea plantations in the Thyolo Highlands.*
- *Zomba Mountain is **above** Zomba city.*
- *Zomba Mountain is **in** the southern region of Malawi.*

Your Turn: Can you find **2 other examples**? You can use the internet if you need help. Don't forget to record yourself!

You can learn more aboUt Prepositions of Place in this lesson about Morocco.

Excellent! Let's move on to **Step 3**.



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Step 3: What are Adjectives of Place?



Adjectives of Place

Adjectives of Place are words that describe the qualities, characteristics and appearance of a place. They help us give more information about different places and make our descriptions more interesting.

In today's lesson, we will be using many of these adjectives to describe Malawi, Malawian cities and important landmarks.

Sample Sentences:

- *Lake Malawi looks **serene** at sunset. When I go there, I just want to lie on the beach and enjoy the view.*
- *Lilongwe is an **urban** area with many buildings, shops and businesses. It is also the capital city of Malawi. I used to live there, but I now live in Poland.*
- *Most villages in Malawi are **quiet** and peaceful. My home village, Mzokoto, is located in Rumphi. It is a **lovely** place and overlooks the beautiful Mhuju Valley.*
- *Mount Mulanje is a **rugged** and mountainous area. I was there this summer and really enjoyed the hike.*
- *Blantyre is a **commercial** city with many shops and businesses. I was actually born there!*
- *The tea-growing areas around Thyolo are **verdant** and **green**. You should visit them one day!*
- *Liwonde National Park is a **wild** and **natural** place. I got really scared when I visited the park last summer. It was one of the scariest experiences I have ever had!*
- *Many traditional buildings have **weathered** walls. You can find these small houses in villages across Malawi.*

- *The shores of Lake Malawi are **sandy** in some areas. Sometimes, rivers near the lake dry up during the hot season and all you can see is sand!*
- *The Nyika Plateau is a **vast** and **grassy** landscape. I have never been there, but I would love to visit this **wonderful** place one day!*
- *The countryside in Malawi is often **rural** and **peaceful**. One day, I would love to build a house there!*
- *The area around Lake Chilwa is **marshy** in some places. Hippos are often found in marshy areas. I wonder if there are hippos near Lake Chilwa. I'll have to find out!*
- *Zomba is a **historic** city with **traditional** buildings. As a matter of fact, it is Malawi's former **capital** city. Nature is so **abundant** in this town!*
- *Nkhata Bay is a **picturesque** lakeside town. Many people love to go there on holiday.*
- *The Shire Valley has **fertile** land and a **sun-drenched** landscape. The Shire River, which flows through the valley, is also **famous** for its hippopotamuses and crocodiles.*

Other Adjectives: **BUSTLING**, **SCENIC**, **BREATHTAKING**, **HILLY**, **WOODED**, **TROPICAL**, **CRYSTAL-CLEAR**, **CHARMING**, **VIBRANT**, **REMOTE**, **MAJESTIC**, **UNSPOILT**

Your Turn: Can you find **3 other examples**? You can use the internet if you need help. Try to use different adjectives to describe Malawi, its cities and important landmarks. Don't forget to record yourself!

You did a very good job! Why don't we do **Step 4?**

Step 4: Let's Talk More about Malawi



Type of Government, Cities and Location of Main Government Institutions

Malawi is a presidential republic. This means that the country is governed by a President who is both the Head of State and the Head of Government. The former British protectorate is also a multiparty democracy, which means that different political parties can take part in elections.

Professor Arthur Peter Mutharika is the President of Malawi. He is the Head of State and Government and the Commander-in-Chief of the Malawi Defence Force.

The State House, the Parliament of Malawi and most government ministries are located in Lilongwe, the capital city.

Blantyre is the commercial and financial centre of Malawi. Many businesses, banks and financial institutions are also found in this city.

Zomba is Malawi's former capital city. It is also known for its historical buildings and institutions, including the University of Malawi's Chancellor College campus.

Mzuzu is an important commercial and administrative centre in the northern region of Malawi.

Other important government institutions, such as courts and local government offices, can be found in different parts of the country.

Sample Description

Malawi, the country I come from, is a presidential republic. It is governed by a President who is both the Head of State and the Head of Government. Malawi has a multi-party democratic system, and presidential, parliamentary and local government elections take place every five years.

The main government institutions, such as the Parliament and most government ministries, are located in Lilongwe, the capital city. Professor Arthur Peter Mutharika is the current President of Malawi.

Blantyre is the commercial and financial centre of the country. Zomba, Malawi's former capital city, is known for its historical buildings and institutions. Finally, Mzuzu is an important commercial and administrative centre in the northern region of Malawi.

Your Turn: What type of government system does your country have? Where are the main government institutions located? Make at least **4 sentences**. You can write your sentences in a notebook or on a piece of paper.

Fantastic! You now deserve to do **Step 5**. Here we go!

Step 5: General Description of Malawi in Africa



Malawi, often called the Warm Heart of Africa, is a beautiful country in southeastern Africa. It is a landlocked country, but it has some of the most picturesque landscapes in the region.

Lake Malawi is one of the country's most spectacular natural attractions. Its sandy beaches, crystal-clear waters and peaceful surroundings make it an inviting holiday destination. The lake is also home to colourful freshwater fish.

Malawi has a variety of landscapes. In the south, Mulanje Mountain is a rugged, rocky and mountainous area with breathtaking views. The countryside around Thyolo is verdant and lush, with beautiful tea plantations. The Shire Valley has fertile land and a sun-drenched landscape.

This African nation also has rural and quiet villages, as well as bustling and vibrant towns. Lilongwe is a growing urban centre, while Blantyre is an important commercial city. Zomba is a historic city with traditional buildings and impressive natural surroundings.

The country is also rich in wildlife. Liwonde National Park is a wild and untamed place where visitors can see elephants, hippos, crocodiles and many other animals.

Malawi is also proud of its talented sportswomen, especially the famous Chawinga sisters, Tabitha and Temwa Chawinga. Born in Rumphi, in northern Malawi, the two sisters have become international football stars.

Tabitha is an experienced forward and captain of the Malawi women's national team, while her younger sister Temwa is a talented striker who plays for Kansas City Current in the United States. Both sisters have played for famous clubs in Europe and Asia.

Their success has inspired many young girls in Malawi to follow their dreams and take up football. They are wonderful examples of talent, determination and hard work.

All in all, Malawi is a charming and fascinating country with a variety of landscapes, beautiful natural attractions and welcoming communities. It is truly a wonderful place to explore!



Sample Description

Malawi, my beautiful country, is located in southeastern Africa. It is a landlocked country, which means that it has no direct access to the sea or ocean. However, it is home to Lake Malawi, one of the largest and most spectacular lakes in Africa.

First of all, Lake Malawi is famous for its picturesque beaches, sandy shores and crystal-clear waters. It is a popular destination for people who enjoy swimming, fishing and relaxing.

Malawi also has breathtaking natural landscapes. Mulanje Mountain is a rugged and mountainous area, while the countryside around Thyolo is lush and verdant. The Shire Valley is known for its fertile land and sun-drenched landscape.

As for famous landmarks, Malawi has three UNESCO World Heritage Sites: Lake Malawi National Park, the Chongoni Rock-Art Area and the Mulanje Mountain Cultural Landscape. These places are important for their natural beauty, history and cultural heritage.

Malawi is also proud of its talented sportswomen, the Chawinga sisters, Tabitha and Temwa. Born in Rumphi, they have become internationally recognised football stars. Their success has inspired many young Malawians, especially girls, to follow their dreams.

All in all, Malawi is a charming, picturesque and fascinating country. From its beautiful lakes and mountainous landscapes to its rich culture and talented people, there is so much to discover in the Warm Heart of Africa!

Your Turn: Can you describe your country using adjectives of place? Talk about its geographical features, towns, cities, natural attractions and wildlife. Write at least **5 sentences**. Try to use at least **5 different adjectives** from the charts.

You can write your sentences in a notebook or on a piece of paper. Don't forget to record yourself!

Wonderful! Are you ready for **Step 6**? I think you are!

Step 6: Famous Landmarks and their Description



Malawi has many famous landmarks, some of which are UNESCO World Heritage Sites. These include beautiful natural attractions and important cultural and historical places.

In the southern part of Lake Malawi, you will find Lake Malawi National Park, near Cape Maclear. It is famous for its clear waters, beautiful scenery and colourful freshwater fish. The park is home to hundreds of fish species, many of which are found nowhere else in the world. It is a popular destination for swimming, snorkelling, diving and boat trips.

In central Malawi, near Dedza, you will find the Chongoni Rock-Art Area. It is famous for its ancient rock paintings found in forested granite hills. These paintings tell us about the history, traditions and culture of the people who lived in the area many centuries ago. The site is an important part of Malawi's cultural heritage.

In the south, we find the impressive Mulanje Mountain Cultural Landscape, another UNESCO World Heritage Site. It is a rugged and mountainous area with breathtaking views, rocky peaks, forests and beautiful streams. Obviously, it is a popular destination for hiking, mountain climbing and nature lovers.

Another interesting place is Zomba, Malawi's former capital city. Here, you can visit the beautiful Zomba Plateau, which offers spectacular views, waterfalls, forests and peaceful surroundings. It is a wonderful place for walking, sightseeing and enjoying nature.

In the northern part of the country, we find Livingstonia, a historic settlement situated high above Lake Malawi. It is famous for its traditional stone buildings, beautiful scenery and impressive views of the lake. It is a fascinating place for visitors interested in history and culture.

As far as wildlife is concerned, Liwonde National Park is one of Malawi's most famous natural attractions. It is home to elephants, hippos, crocodiles and many other wild animals. Visitors can enjoy exciting boat safaris along the Shire River and discover the park's rich wildlife.

Sample Description

Malawi has many famous landmarks. Some of them are UNESCO World Heritage Sites.

If you are a nature lover, you will enjoy visiting Lake Malawi National Park. It is famous for its crystal-clear waters, beautiful scenery and colourful freshwater fish. You can go swimming, snorkelling or enjoy a relaxing boat trip. No wonder it is such a popular tourist destination!

If you are interested in history and culture, head to Dedza and discover the Chongoni Rock-Art Area, another UNESCO World Heritage Site. The area is surrounded by forested hills and is famous for its ancient rock paintings. These paintings tell fascinating stories about the traditions and history of the local people.

In the south, you will find the magnificent Mulanje Mountain Cultural Landscape, also a UNESCO World Heritage Site. This rugged and mountainous area is a paradise for hikers and nature lovers. Its rocky peaks, green forests and breathtaking views make it a truly spectacular place.

If you want to discover more of Malawi's history, why not visit Zomba and its beautiful plateau? You will enjoy the peaceful surroundings, waterfalls and impressive views. Another interesting destination is Livingstonia, a historic settlement with traditional stone buildings overlooking Lake Malawi.

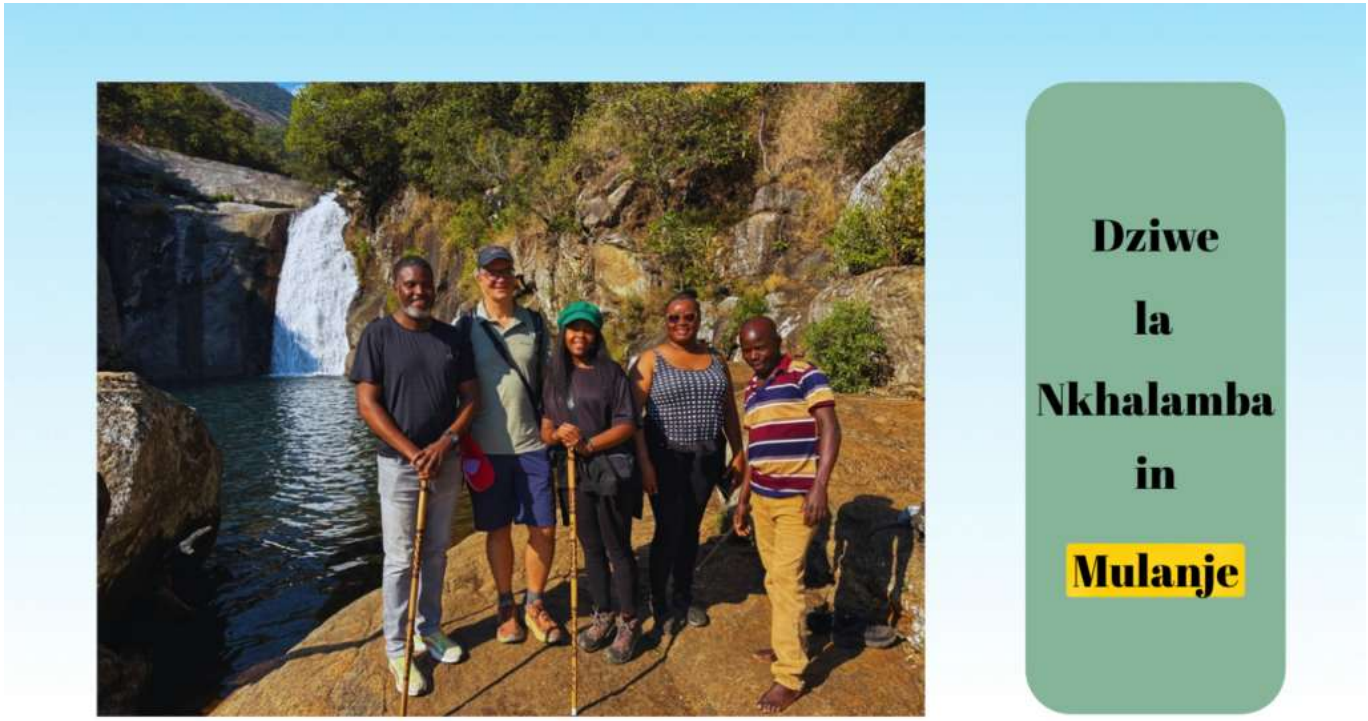
Finally, if you love wildlife, Liwonde National Park is a must-see destination. Here, you can spot elephants, hippos, crocodiles and many other fascinating animals. A boat safari along the Shire River is an unforgettable experience!

All in all, Malawi is a beautiful country with so much to discover. From its breathtaking mountains and lush countryside to its picturesque lakes and rich wildlife, there is always something wonderful to explore in the Warm Heart of Africa!

Your Turn: What famous landmarks can be found in your country? Are any of them UNESCO World Heritage Sites? What makes them special? Describe at least **6** of them. You can make a video recording of yourself using a mobile phone.

Really nice! Now we can do the last step. Well done! **Step 7** here we come!

Step 7: Adjectives and Numbers



Numbers and statistics teach us a lot about a country. They help us understand its size, geographical features and achievements.

For example, did you know that Malawi covers an area of approximately 118,484 km²? It is a relatively small country in southeastern Africa. However, it has some truly impressive geographical features.

First of all, Malawi stretches for about 900 kilometres from north to south. It shares its borders with three countries: Zambia, Tanzania and Mozambique.

Another interesting figure concerns Lake Malawi. It is approximately 568 kilometres long and covers about 20% of the country's total area. It is the third-largest lake in Africa and is famous for its beautiful beaches, crystal-clear waters and colourful freshwater fish.

Malawi also has some impressive mountains. For example, Mulanje Mountain is the highest mountain in the country. Its highest peak, Sapitwa, rises to approximately 3,002 metres above sea level. This rugged and mountainous area offers some truly breathtaking views!

But numbers do not only tell us about geography. They also tell us about the achievements of Malawians.

One remarkable example is the Chawinga sisters, Tabitha and Temwa, who have become international football stars. Their achievements have put Malawi on the international sporting map.

Temwa plays for Kansas City Current in the United States. In the 2024 and 2025 seasons, she scored 20 and 15 goals respectively in the regular season. She also became the first player in NWSL history to win the Most Valuable Player award in two consecutive seasons. By June 2026, she had already scored 42 regular-season goals and provided 11 assists in 56 appearances for the club. What an impressive record!

Her older sister, Tabitha, also plays at the highest level of women's football. She represents OL Lyonnes in France. During the 2025–2026 season, she scored 11 league goals and provided 5 assists. She has also played in the UEFA Women's Champions League.

These figures show that Malawi is not only rich in natural beauty but also in talent and sporting achievements. The Chawinga sisters are wonderful examples of determination, hard work and success.

All in all, Malawi may be a relatively small country, but it has some truly impressive geographical features and internationally recognised talents.



Sample Description

Numbers teach us a lot about a country. In fact, I have some interesting figures about the size, geographical features and achievements of my beautiful country, Malawi.

First of all, Malawi covers an area of approximately 118,484 km². It is a relatively small country in southeastern Africa, stretching for about 900 kilometres from north to south.

Secondly, Malawi is home to Lake Malawi, one of the largest lakes in Africa. It is approximately 568 kilometres long and covers about 20% of the country's total area. Its picturesque beaches and crystal-clear waters attract many visitors every year.

Thirdly, Malawi has some impressive mountains. For instance, Mulanje Mountain is the highest mountain in the country, with its highest peak, Sapitwa, reaching approximately 3,002 metres above sea level. Its rugged and mountainous landscape is truly breathtaking!

But Malawi is not only famous for its beautiful landscapes. It is also home to talented people who have achieved great things internationally. A wonderful example is the Chawinga sisters, Tabitha and Temwa, who are both professional footballers.

In 2024 and 2025, Temwa scored 20 and 15 league goals respectively for Kansas City Current in the United States. She also won the league's Most Valuable Player award in both seasons. By June 2026, she had scored 42 regular-season goals and provided 11 assists in 56 appearances for the club.

Her older sister, Tabitha, has also enjoyed great success in France. During the 2025–2026 season, she scored 11 league goals and provided 5 assists for OL Lyonnes.

All in all, Malawi may be a relatively small country, but it has some truly impressive geographical features and internationally recognised talents. From its beautiful lakes and breathtaking mountains to the sporting achievements of the Chawinga sisters, there is so much to be proud of. Incredible, isn't it?

Your Turn: What are the most impressive figures about your country? Think about its size, geographical features, famous people and sporting achievements. Make at least **7 sentences**. Write them down and read them aloud to a person of your choice.

This brings us to the end of our lesson. Good job for sticking along! Until next time!

Updates

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